## Team NWT Raffle Winners

The Team NWT raffle winners were drawn on Saturday, May 24th at the Sport North Awards Banquet. Congratulations to all the winners.

**Grand Prize Winner:** Chris Greencorn - Yellowknife
2.5 total Diamond Carat weight (a 2.0 carat diamond & a 0.5 carat diamond) set into a 14 K white gold pendant.

**2nd Prize Winner:** Louise Lavoie - Yellowknife
Kitchen Make-Over Package (includes cabinets, countertops, cabinet hardware, sink and faucet).

**3rd Prize Winner:** Christine Thorne - Yellowknife
Edmonton Oilers Package (return trip for 4 from Yellowknife to Edmonton, 4 tickets to Oilers Game).

**4th Prize Winner:** Martha Porter - Yellowknife
$1,000.00 Cash

**5th Prize Winner:** Leila McKay – Hay River
Official Team NWT "Walk-Out Uniform" for the 2008 Arctic Winter Games

***Many thanks to our raffle sponsors:***

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## Ministers Meet to Increase Physical Activity

Federal, provincial and territorial Ministers of Sport, Physical Activity and Recreation set targets to increase rates of physical activity among Canada's children and youth at their annual meeting in Victoria, B.C. Ministers also agreed to provide funding to support team travel to the North American Indigenous Games in British Columbia later this summer.

The Honourable Helena Guergis, Secretary of State for Sport, announced that Sport Canada will provide $1 million in funding to support team travel to the North American Indigenous Games to be held in Duncan, British Columbia in August 2008. The funding will be distributed on a formula basis to all provinces and territories. The announcement will result in additional funding of $144,000 for Team NWT, according to the Honourable Michael McLeod, Minister of Municipal and Community Affairs. "When combined with other funding from the Government of the Northwest Territories, this will support more than 250 athletes, coaches and officials to attend the Games," said Minister McLeod.

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## Judo Membership

Sport North is pleased to announce that Judo North has become an active member of Sport North Federation effective May 24, 2008. Judo has active clubs in Yellowknife and Aklavik, and anticipate a club starting up in Fort Smith. They have school programs in Aklavik and two Yellowknife schools - William MacDonald and Weledeh and have worked with the Foster Childrens Program in Yellowknife and the Eclipse Program, a school based program targeted to at-risk youth in Detah and N'dilo.

## Rising Star Recipients

The Rising Star program provides funding to those athletes (under 14 years of age) that exhibit high performance potential in their sport and wish to receive additional training, through sport camps, outside the NWT.

**The 2008 recipients are:**
Alea Stockton - figure skating (Yellowknife)
Ashley Mulders - skiing (Yellowknife)
Colton Glaicar - biathlon (Hay River)
Emily Hamm - figure skating (Yellowknife)
Esther Hiebert - soccer (Hay River)
Gavin Broadhead - hockey (Hay River)
Hailey Gibson - figure skating (Yellowknife)
James Cannell - soccer (Yellowknife)
Jeanne Yurris - speed skating (Yellowknife)
Keirra Alty - basketball (Yellowknife)
Kent Nilson - hockey (Yellowknife)
Liam McKay - squash (Yellowknife)
Lucas Hachey - basketball (Hay River)
Meagan Gibson - figure skating (Yellowknife)
Oliver Hodgins - skiing (Yellowknife)
Phyllip Scheper - speed skating (Hay River)
Pooja Chugh - badminton (Yellowknife)
Sam Palfrey - wrestling (Yellowknife)
Shawn Conway - speed skating (Yellowknife)

## Sports Drinks Improve Game Performance

Taking regular sips of a carbohydrate/electrolyte sports drink during a soccer match appears to help soccer players maintain their stamina, findings from a new study indicate. A group of researchers found that players who drank small amounts of a sports drink every 15 minutes during a 75-minute soccer game lost less body mass - a sign of being less dehydrated - and completed more sprints than players who drank no fluids during play.

Previous research has shown that soccer players who do not drink enough fluids during exercise may experience a spike in body temperature and heart rate. Moreover, drinking fluids helps maintain body mass, losing as little as 2 percent of body mass can impair performance and mental functioning.

To investigate whether drinking a sports drink helps soccer players, researchers had 20 soccer players drink 300 milliliters of a 6 percent carbohydrate/electrolyte drink every 15 minutes, or no fluids at all during play. Everyone was allowed to drink water during a 15-minute break. The players who drank a carbohydrate drink ran more sprints in the first half of play, and lost only 21/2 pounds of body weight relative to a loss of almost 4 pounds in non-drinkers. Researchers recommended that athletes drink "at constant intervals," perhaps 150 to 300 milliliters every 15 to 20 minutes.

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